



INFORMATION SHEET FOR POTENTIAL CLIENTS

If you're interested in Simply Your Best, or someone else thinks *you should be* interested in SYB, your life is about to change. You are holding in your hands some valuable information which will tell you how to enroll in educational classes that have already helped hundreds of others to lead healthier, happier and more productive lives.

What's in it for you?

Why take an educational class at SYB? Think preventative maintenance... it's easier to fix a leak than to clean up after a flood! Or if you've already got a major mess on your hands, we'll help you clean it up.

Our purpose is two-fold:

- 1) To help our clients recognize and stop using all counterproductive behaviors which include addictive, abusive, and violent behaviors directed both internally and externally
- 2) To assist our clients in building life skills and an awareness of resources which serve to support and promote lifestyle enhancement as well as personal and interpersonal wellbeing.

We focus on violence prevention, emotional and behavioral management, lifestyle enhancement, life skill education, and human development for individuals, couples, and groups. Our classes are educational in nature and are **not** support groups or therapy sessions. We use the most thorough and current course materials available in the areas we address.

How does it work?

Group classes meet regularly once a week for two hours each class while individuals and couples meet in private 1 hour sessions. The minimum length of any course is 10 sessions – this gives you a chance to practice and apply the skills we teach. Many of our clients choose to continue attending beyond their minimum number of attendances because they find their course so worthwhile. Getting started is easy, you just pick up the phone and leave us a message regarding which class you are interested in and how we can get a hold of you to schedule an Enrollment Session. You'll need to bring the following to your enrollment session:

- Proof of identification
 - Court or probation paperwork (if applicable)
 - Proof of income or lack thereof
 - \$100 cash or check to be applied toward course fees
- We utilize a sliding fee scale to determine class fees—the average client in a group pays \$25/session. If you need us to provide proof to someone else that you've enrolled and completed a course, we can do that for you. Classes are open enrollment so you can start any time.

We ask a lot out of those who participate in Simply Your Best's classes. You need to demonstrate that you function at a level high enough to complete our classes. You're asked to actively participate in class, complete homework assignments, and demonstrate that you're making progress towards your goals. Many clients who have completed our classes have told us that if they had learned this stuff in high school, it would have prevented a lot of trouble for them and those closest to them.

DOMESTIC VIOLENCE INTERVENTION FOR MEN OR WOMEN: This class of at least 52 sessions works to build the participant's awareness as to what constitutes abuse, the consequences of choosing to use abuse and violence, the impact abusive behavior has on others, and strategies and skills to prevent abusive and violent behaviors. Participants are challenged regarding their basic life assumptions as well as their beliefs, which may have supported in some way, abusive and violent behaviors with their intimate partners. The class workbook contains many exercises and foundational information to help participants in making large scale life changes.



ANGER MANAGEMENT: This class of at least 12 sessions concentrates on the containment, prevention, and resolution of inappropriate expressions of anger. The program works to build the participant's awareness as to the relationship between anger and violence, the useful aspects of anger, and strategies and skills to support emotional and behavioral management.

HEALTHY PARENTING OF CHILDREN: This class of at least 10 sessions addresses physical punishment, child abuse prevention, child development, setting limits, consequences, listening, anger management, and many tools and strategies useful in addressing challenging behaviors and situations that every parent must consider at some point. The primary focus of the class focuses on the parent's relationship with their children ages 12 and under.

HEALTHY PARENTING OF TEENS: This class of at least 10 sessions addresses peer influences, teen dating, listening, anger management, and many tools and strategies useful in addressing challenging behaviors and situations that every parent must consider at some point. The class primarily focuses on the parent's relationship with their children ages 13 through 19.

COOPERATIVE PARENTING AFTER DIVORCE OR SEPARATION: This class of at least 10 sessions focuses on developing effective parenting strategies for co-parents who are separated or divorced or in the process of doing so. The class is appropriate for co-parents to take together or individually. We ensure that co-parents who are unable to be in the same class due to various reasons (restraining order(s), addictive behaviors, abusive/violent behaviors, etc.) have choices that protect their safety and privacy. The class was designed for co-parents who want to support a cooperative relationship that is as healthy as possible for everyone involved in light of significant concerns and obstacles. The curriculum addresses family dynamics, healthy boundaries, emotional awareness and expression, supportive communication, conflict resolution, and anger management as well as ideas and strategies that are designed to assist families in working through custody, visitation, parenting plans and other very important/difficult situations. The class predominantly focuses on the parent's relationship with the other co-parent, with their children's wellbeing of primary importance.

PARENTING WITHOUT ABUSE OR VIOLENCE: This class of at least 52 sessions promotes non-violent parenting focusing on abuse intervention and prevention. The class utilizes several different curriculums as determined appropriate. This very flexible program addresses self care, stress and anger management, communication, child development, child abuse intervention and prevention, and non-violent / positive discipline techniques. This class is tailored to address specific concerns within the unique dynamic of a specific parent/child relationship.

PARENTING AS ALLIES NOT AS ADVERSARIES: This intensive parenting intervention includes individual sessions, mediation/reconciliation sessions, and educational sessions. It involves all co-parents both biological and step parents sitting down together to get on the same page, iron out difficulties, build awareness, problem solve, address concerns, discuss the implementation of court orders and visitation schedules, learn and practice skills and strategies, and work collaboratively to build a solid, healthy co-parenting relationship for the benefit of everyone in both families. The hope is that co-parents work together as seamlessly as possible without tension and drama so that their children experience more love, support, and companionship. This course is only open to co-parents who are willing and able to sit down in the same room together and iron out their co-parenting relationship with the support of a facilitator/mediator for an ongoing period of time. This class consists of least 1 individual session for each co-parent, at least 1 mediation / reconciliation session, and at least 10 education sessions.

PERSONAL DEVELOPMENT CLASSES: These classes include Stress Management, Assertiveness Training, Relapse and Re-Offense Prevention, Healthy Relationships, Community Awareness Building, etc.

Simply Your Best is an independent, self sustaining, educational organization working in the Human Services Industry. Since 2001, SYB has provided quality educational services and resources to Santa Cruz County. Call us today and see how SYB can help you too!